

Notes Wellness Coordinator Meeting – Prediabetes & National Diabetes Prevention Program
Thursday, April 9, 2015

In small groups, brainstorm some ideas to the questions. In 15 minutes, report your ideas back to the group.

1. How can we raise awareness of prediabetes and diabetes prevention among state employees and their families?

- Newsletter
- Poster (like stand up); informational
- Bulletin boards
- Consistent messaging
- Free on-site screenings
- Common areas
- KYN screenings
- Lisa/Anthem counseling
- Wellness Facebook page
- Email to all staff
- Mention at monthly meetings
- Put info at wellness resource area
- Specific dx guidelines for DM and preDM
- Doctor appointments
- HAT

2. How can we increase participation in National Diabetes Prevention Programs by state employees and their families?

- On-site sessions
- Pay for program
- Informational sessions
- Raise awareness of preDM
- SEA newsletter
- CHERP approved & make all aware of the benefit
- Health benefit comm (DOP) – send out to all HR groups to make sure it reaches everyone
- KYN
- CHP preDM at worksite
- Combine health fairs for state agencies
- “pre doesn’t mean ignore it”
- Simplify the process – catchy campaign/buzzword
- Simplify message, handouts
- Accessible & use of CHERP
- Reward based – recognition
- Competition within departments

3. What resources/assistance/training would help you with #1 and #2?

- More programs statewide
- Consistent messaging & materials
- Facebook page manager
- On-site (worksite) DM screenings
- Health benefit group
- Brown bag luncheon
- Lawson bullet – on screen
- Handouts available
- Agency intranet
- Commissioner/Dept head group
- Posters